



Hospital Bag

Checklist for Mommy

- Comfortable clothes: Loose, front-fastening nightie
- Toiletries: Hair products, lotion, soaps, lip balm, toothbrush, toothpaste, hand sanitize gel, moisturiser, body cream
- Electronics: Phone, charges, iPad
- Breast pump
- Nursing pillow
- Nursing Bras
- Nursing gown
- Maternity underwear
- Entertainment: books, magazines
- Camera
- Cool-bag with water
- Snacks